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## CERTIFICATE OF TRANSMISSION UNDER 37 C.F.R. § 1.8

I hereby certify that the below-identified Response to Restriction Requirement is being facsimile transmitted to the United States Patent and Trademark Office at (571) 273-8300 and is addressed to: Mail Stop Amendment, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450:

Date: 1/5/06By Kim L. Brown  
Signature

-- PATENT --

IN THE UNITED STATES PATENT  
AND TRADEMARK OFFICE

Applicants:	Paul LaStayo, et al.	Docket No.:	12218.2217
Serial No.:	10/650,455	Examiner:	Glenn E. Richman
Filing Date:	August 27, 2003	Art Unit:	3764
Title:	METHOD AND APPARATUS FOR SPEED CONTROLLED ECCENTRIC EXERCISE TRAINING		

**RESPONSE TO RESTRICTION REQUIREMENT**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Honorable Commissioner:

In response to the Office Action mailed December 12, 2005, please accept this Response to the restriction requirement entered pursuant to 35 U.S.C. § 121 for the above-identified application.